



The hospital recently honored volunteers, at a special tea, who provide hand-made quilts for new babies at the hospital. Some of those pictured here are: Jane Shank, Laurene Burns, Lucile Kraehling, Katie Porsch, Donna Chilman, Dolores Rayburn and Ruth Costinel.



Robert E. Bush
Naval Hospital

Dental Technician Rating est. on Apr. 2, 1948

Happy Birthday to Navy Dental Technicians



www.nhttp.med.navy.mil

Corpsman Heads for Seaman to Admiral Program

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

The Robert E. Bush Naval Hospital has been fortunate to have many hard working Sailors over the years leave here to head on to bright futures.

Just one of those latest hard chargers is Petty Officer 2nd Class Cherie Ayala of Military Sick Call who was recently selected for the Seaman to Admiral Program (STA-21). Ayala will be leaving Twentynine Palms Apr. 24 for the Naval Science Institute in Newport, R.I. which will prepare her for entrance to the Jacksonville University, Florida Nursing Program in August, for 3 years under instruction. Upon graduation she will be commissioned a Nurse Corps Officer.



Ayala hails from Kailua, Hawaii where she graduated from Kailua High School in 1990. Prior to joining the Navy in 1997, Ayala attended college at Windward Community College and the University of Hawaii. Ayala reported to Boot Camp at Great Lakes in December 1997. While in basic training she was awarded the 'Military Order of World War Award.'

Ayala has always been a hard worker as attested to by her graduating from Hospital Corps School in July 1998 First in her class of

Please see SEAMAN TO ADMIRAL on page 7

Over-the-Counter Drugs saves time and money

Lance Cpl. Anthony C. Bart
MCAGCC Combat Correspondent

The Naval Hospital and Military Sick Call offer an Over-the-Counter Program to Marines and Sailors that allows military personnel to receive a limited amount of over-the-counter medications free of charge and without having to see a physician.

"There is no need for someone to sit around in our waiting room for an hour and get assessed, when the doctor just sends them to the pharmacy for Dimetapp and Motrin," said Lt. Cmdr. Michael J. Allanson, Clinic Manager. "[The OTC Program] gives them the opportunity to come into our satellite pharmacy, [at Sick Call], and get the more common medications, free of charge."

Allanson added, the flu and colds are viruses and cannot be cured with antibiotics.

Please see OVER THE COUNTER on page 7

Inside...

The American Cancer Society estimates that over 550,000 Americans will die this year from cancer. This means that over 1,500 Americans will die every day in this country from cancer, making cancer the second leading cause of death in the US with only heart disease causing more deaths. *page 2*

The Laboratory Department at the Robert E. Bush Naval Hospital will celebrate National Medical Laboratory Week (NMLW) 19-23 April. *page 5*

A commonly asked question in Primary Care is "What is a healthy weight for me?" This is tough to answer and although many people talk about weight, what really matters is how much of your body is fat. *page 5*

For comments e-mail:
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Here's to Your Health...

April is Cancer Prevention Month!

By Martha Hunt, MA, Health Promotion Coordinator
Robert E. Bush Naval Hospital

The American Cancer Society estimates that over 550,000 Americans will die this year from cancer. This means that over 1,500 Americans will die every day in this country from cancer, making cancer the second leading cause of death in the US with only heart disease causing more deaths. The most deadly of all cancers, for both men and women, is lung cancer which has risen astronomically since World War II when tobacco use began to skyrocket in the returning military troops after the war.

The leading cancers among men include lung, prostate, colorectal and pancreatic cancers. However, for young men ages 18 to 35, testicular cancer is the leading cause of cancer related death. Not until past age 35 does lung and prostate cancer pass testicular cancer as the leading cause of cancer related death in men. The leading cancers for women include lung, breast, colorectal and ovarian cancers.

Many of these forms of cancers have screening tests that will help catch cancers early, when they are more easily treated and less likely to cause death or disability. However, even though lung cancer is the most deadly form of cancer for both men and women, there is no reliable screening test for lung cancer. The best way to avoid lung cancer is to not use tobacco and to avoid all second hand smoke.

For colorectal cancer, the most common screening tests available are tests for blood in the stool, called fecal occult blood screening, and a review of your family history. If you have at least one person in your immediate family that is related by blood and who has had colorectal cancer, you should be routinely tested at an early age for colorectal cancer by examination of your colon and rectum by the insertion of a long, thin camera tube into your colon called a sigmoidoscopy. By viewing your colon with a camera, your doctor can see any polyps or other abnormal growths in the lining of your colon. Colorectal cancer screening should begin at age of fifty.

The cancer screening tests that are available and apply specifically to men include a blood test called the Prostate Specific Antigen test (or PSA test) that screens for prostate cancer and manual examination of the testicles to screen for testicular cancer. The PSA screening test looks for a chemical produced by a man's prostate that becomes elevated when there are changes in normal prostate tissue. These changes can be either cancerous or non-cancerous, but the PSA test can be used by a doctor as a signal to check for further signs of prostate cancer. All African American men over age 40 and all other men over the age of 50 should have this blood test every year. African American men have much higher rates of prostate cancer and therefore need to seek screening at a younger age. Also, some nutritional supplements, such as Saw Palmetto, can make the PSA test give inaccurate results and may

cause cancer to be missed.

Regarding testicular cancer, all men should examine their testicles every month for any changes such as shape, swelling or pain. If anything out of the ordinary is felt, they should seek medical care from their doctor.

The most common cancer screening tests for women are Pap tests, which screen for cervical cancer, and mammograms and breast self exam (BSE) which screen for breast cancer. Pap tests screen for cervical cancer by looking for the growth of abnormal cells on the cervix which is the opening to the uterus. All women who are either sexually active or who are over the age of 18 should have a Pap test performed every year by their doctor.

Mammograms are x-rays of the breasts and are used to detect cancer in breast tissues. All women over the age of 40 should have a mammogram performed every year. Breast self exams or BSE's involve the woman or her doctor examining her breasts on a monthly basis for any changes, lumps, swelling, pain or abnormal discharges. All women over the age of 20 should examine their breasts once a month approximately one week after the first date of their menstrual period and they also should have their doctor examine their breasts when they have their yearly physical.

While screening tests like these can help catch cancer at earlier and more treatable stages, prevention of cancer in the first place is key to living a cancer free life. The single most important way to prevent cancer in your life is to not use tobacco. Remember, lung cancer is the leading cancer killer in both men and women and tobacco also contributes to other forms of cancer such as bladder, oral cancers, etc. Other ways to help prevent cancer is by eating a diet low in fat and high in fiber, avoiding excessive exposure to sun, avoiding excessive use of alcohol (especially if you use tobacco) and by avoiding exposure to toxic chemicals and radiation that are known to cause cancer. By following these guidelines and by taking advantage of the screening tests available to detect cancer, you have a better chance of living a cancer free life and living a longer, healthier life.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Robert E. Bush Naval Hospital Announcements

Sibling Preparation for a New Baby

Robert E. Bush Naval Hospital will be offering a Sibling Preparation Class on Saturday, Apr. 3, from 10 a.m. to noon.

This class is designed to help children of expectant families prepare for the role of big brother or big sister. Geared toward children ages 3-years and up, pre-registration is requested and can be done by calling Outpatient Services at 830-2752. The class is located in classrooms 1&2 in the Naval Hospital. For more information, please call Lt. Cmdr. Marjorie Alexander at 830-2771 or Lt. Cmdr. Nicole Polinsky at 830-2258.

Once Again, Let's have some fun on the Ridge!

The Robert E. Bush Naval Hospital's MWR Committee is once again hosting the 18th Annual Ridge Run, Friday, April 2 with a start time of 7 a.m.

The hospital is looking for individual and squad (5 or more) participation.

Volunteers also needed to help with set-up/race day procedures.

Look for entry forms at the Naval Hospital and MCCS facilities.

What's New with Medicare Part B?

Are you, someone you know eligible to enroll in Medicare Part B, but you haven't due to the premium surcharge you would have to pay?

DoD has good news for you!

One of the provisions of the Medicare Prescription Drug, Improvement and Modernization Act of 2003 allows uniformed services beneficiaries who would be eligible for TRICARE For Life (TFL) but are not enrolled in Medicare Part B to enroll without penalty during a special enrollment period (SEP) through Dec. 31, 2004. (TRICARE Management Activity will announce when the special enrollment period will begin.) Beneficiaries also have the option of enrolling in Part B during the general enrollment period (GEP) and receiving a rebate of any premium surcharges paid in 2004. To follow are the pros and cons of enrollment during the SEP versus GEP:

* Eligible beneficiaries may enroll in Part B now, during the GEP, and pay a premium surcharge that will be later rebated. Their enrollment will be effective July 1, 2004, but the rebate of premium surcharges will not begin until Medicare performs a sweep of its database later in the year.

* Or, eligible beneficiaries may wait until the SEP (to be announced) and enroll in Part B with no premium surcharge. Waiting to enroll during the SEP means beneficiaries will not have to wait for a rebate. Their effective date for health care services, however, may not begin on July 1.

Who's eligible?

* Medicare-eligible retirees, including retired National Guard and reservists

* Eligible qualifying family members and survivors

* Certain former spouses if they were eligible for TRICARE before age 65, and who have not remarried and do not have employer-sponsored other health insurance

* Dual-eligible beneficiaries under the age of 65 who are entitled to Medicare Part A because of a disability or because of end-stage renal disease

Notification

* TRICARE Management Activity is working with the Centers for Medicare and Medicaid Services (CMS) and Social Security Administration to send uniformed services beneficiaries targeted information on Medicare Part B enrollment and where they need to go to process their Part B enrollment form (which they will receive in a CMS mailing scheduled for the summer).

The Medicare Prescription Drug, Improvement and Modernization Act of 2003 also includes a provision for beneficiaries who enrolled in Medicare Part B between January 2001 and December 2004 and are subject to a penalty for late enrollment. Beginning January 2004, these beneficiaries will have the penalty waived. TRICARE Management Activity is working with the Centers for Medicare and Medicaid Services (CMS) to determine the action eligible beneficiaries need to take to make use of this opportunity. Once CMS has determined exactly what eligible beneficiaries need to do, TRICARE Management Activity will update this site with that information. For the latest updates,

Please see MEDICARE PART B on page 7

Chief Petty Officer's Association Golf Scramble

To commemorate the 111th birthday of the Chief Petty Officer, the Chief Petty Officer's Association Golf Scramble will take place Friday Apr. 2, with a show time of 7 a.m. A putting contest will take place at 7:30 a.m. with a shotgun start at 8 a.m.

The Scramble will consist of four person teams. Cost is \$35 per person which includes lunch, green fees, cart and range balls.

Prizes will be awarded for 1st, 2nd and 3rd place teams, putting contest, longes drive and closest to the pin.

Sign up at Desert Winds in person or call 830-6132. For more information call CMDCM Mitchell at 830-2424.

Cancer Awareness Month

Health Promotions of Naval Hospital Twentynine Palms will be at the main exchange Wednesday, Apr. 14, from 11 a.m. to 4 p.m., to hand out health information regarding Cancer Awareness Month. Health Promotions will also be at the exchange on Friday Apr. 30, for National Blood Pressure Awareness Month. For more information contact Health Promotions at 830-2814.

March Smoking Cessation

Start the New Year off right! Kick the habit and learn to become tobacco free!

The Robert E. Bush Naval Hospital Health Promotions Program offers tobacco cessation classes in the Naval Hospital. Classes are offered at two convenient times of noon and 5:30 p.m.. To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start on Apr. 20. Call now before it all goes up in smoke!

Diabetes Self-Management Class

There will be a Diabetes Self-Management Class at the Robert E. Bush Naval Hospital in Classrooms 1 and 2 on Apr. 20, from 8 a.m. to noon.

Eligible beneficiaries newly diagnosed with diabetes or if you need updated or ongoing diabetes information/education should plan to attend.

Topics covered will include Diabetes basics, nutrition, potential complications, emotional aspects, and exercise.

For more information or to sign up, please call the hospital's Outpatient Services at 830-2752 or ask your health care provider for a referral or call Lt. Julie Lundstad at 830-2175.

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Hard Chargers...



HM2 Sydney Reyes receives his third Good Conduct Award.



HN William Campbell receives his first Good Conduct Award.



Lt. Patrick Denis receives the Navy and Marine Corps Commendation Medal.



HM3 Linsey Elliot receives the Navy and Marine Corps Achievement Medal.



CS2 Ritchie Fogata receives the Navy and Marine Corps Achievement Medal.



Lt. Cmdr. Rodney Pray accepted the Commanding General's Trophy on behalf of the hospital's Champion Tennis Team.



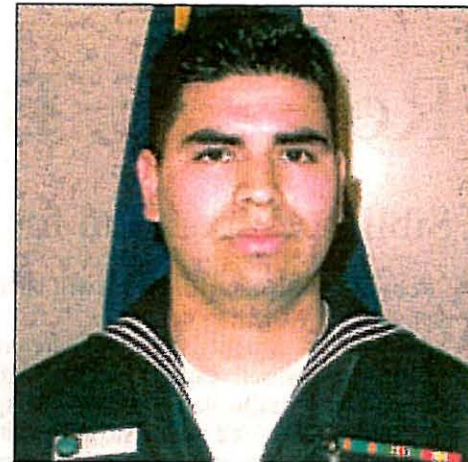
HM2 Kevin Foster receives a Navy and Marine Corps Achievement Medal.



PN3 Rosalynn Garcia receives a Navy and Marine Corps Achievement Medal.



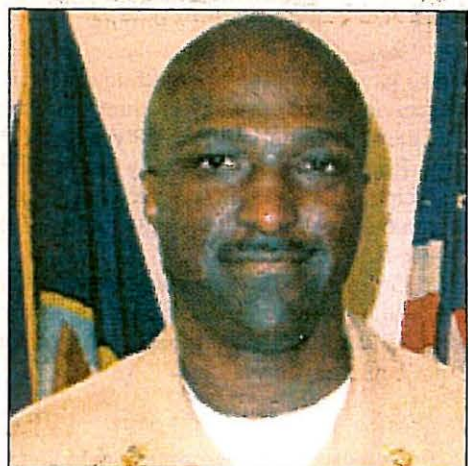
HM2 Cherie Ayala was honored with a Letter of Appreciation, her second Good Conduct Award and being selected for the Seaman to Admiral-21 Program. (See Story on page one of this edition.)



HM3 Rodolfo Rosales receives his first Good Conduct Award.



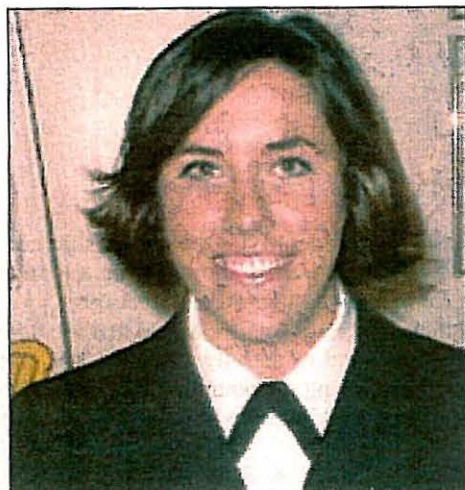
HM2 Jill Bankus receives her second Good Conduct Award.



HMC Jerry Ramey receives a Navy and Marine Corps Commendation Medal.



HN Diane Vasquez receives a Letter of Appreciation.



HN Emily Kietz receives a Letter of Appreciation.



HN Genalyn Sok receives a Letter of Appreciation.



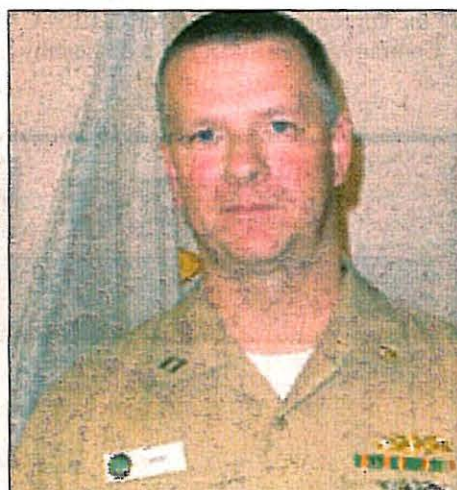
HN Joseph Tedoro receives a Letter of Appreciation.



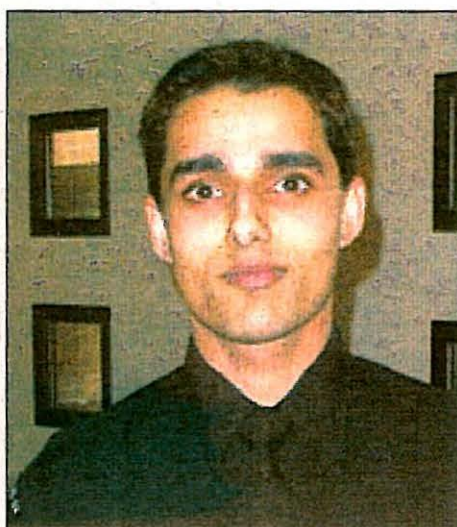
HN Monique Campbell receives her first Good Conduct Award.



HM3 David Baumbach receives a Commanding General's Certificate of Commendation.



Lt. Raymond Camp receives his third Navy and Marine Corps Achievement Medal.



HM2 Rajnesh Chand receives his Honorary Desert Rat Certificate.

Hospital Laboratory Dept. Celebrates National Medical Laboratory Week

The Laboratory Department at the Robert E. Bush Naval Hospital will celebrate National Medical Laboratory Week (NMLW) 19-23 April.

Today there are approximately 300,000 practitioners of clinical laboratory science in the United States. Since the development of this career group in the 1920s, the clinical laboratory science professional has played an increasingly vital role in the diagnosis and prevention of disease.

As team members of one of the largest industries on the United States, the dedicated efforts of laboratory professionals are mostly performed unseen by the patient.

The Laboratory Department is manned by a staff of 16 hard-working military and civilian members who perform over 130,000 patient tests annually. The Laboratory is accredited by the College of American Pathologists, and the American Association of Blood Banks, and is licensed by the Food and Drug Administration. During this week, everyone is invited to come by and get a behind the scene tour of the Laboratory and meet some of the "unseen" staff members who help provide your health care.

**A MONTH OF THE
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2003

Medical Minute...

What is a Healthy Weight for me?

By Lt. Catherine O. Durham, MSN, FNP
Robert E. Bush Naval Hospital

A commonly asked question in Primary Care is "What is a healthy weight for me?" This is tough to answer and although many people talk about weight, what really matters is how much of your body is fat. Your provider may talk about your Body mass Index (BMI) which is an approximate measurement of body fat. This number is based on your height and weight. The higher your BMI, the greater your risk for diseases such as diabetes, heart disease, arthritis, and certain cancers.

So what is a good BMI?

A BMI between 19-25 is considered a normal amount of body fat. If someone's BMI is 25-29.9, that person is said to be overweight. A person is said to be obese if his or her BMI is 30 or higher. Individuals who are weight lifters or others with a high muscle mass content may fall into the higher categories so it is important to remember that these are guidelines and if you have any questions you should talk to your medical provider.

You can use the table provided to find your BMI:

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

(Table only goes to BMI of 35 due to space constraints)

How can I lower my BMI?

The Best way to lower your BMI is to reduce to total number of calories you take in, and

Life's Lesson...

Before you criticize someone, you should walk a mile in their shoes...

...that way, when you criticize them, you're a mile away and you have their shoes.

to be more physically active. Long-term success is about identifying behaviors that contribute to taking in more calories than your body needs. It is also about having a plan to identify triggers to unhealthy eating, and a plan for healthier eating in all situations.

A great way to get started on the path to a healthier lifestyle is to have a goal that includes being more active every day. Be specific about what kind of activity you'll do, for how long, and on which days you will do it. Focusing on losing 40 pounds may be to overwhelming for some, so having a goal as simple as just walking may be an easier place to start.

Here is a great example: "On Monday, Wednesday, Friday, & Saturday I will walk 30 minutes on my lunch break" Once this healthy behavior becomes a habit, you can move on to another goal.

Remember-If you are not already physically active it is very important to talk to your medical provider to see what physical activity is safe for you!

So the April Challenge is- GET MOVING! And enjoy!

On another note: April 7th is the World Health Organizations, World Health Day. The topic for 2004 is Road Safety. Road traffic injuries take the lives of 1.2 million men, women, and children around the world each year. Hundreds more become injured or permanently disabled. So remember to WEAR YOUR SEATBELTS and have your children in the appropriate INFANT or CHILD CAR SEAT! Be safe.

Coming Next month: More on healthy lifestyles, and skin cancer screening!

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OVER THE COUNTER...

Continued from page 1

The best [Military Sick Call and the Naval Hospital] can do is to give these servicemen something to take away the cough or the mild pain and irritation," said Allanson. The body must fight off the virus or bacteria on its own."

The OTC Program medications include: Actifed, Benadryl capsules, Dimetapp Elixir, Maalox, Motrin, Robitussin, Sudafed, Tylenol and Saline nose drops.

The pharmacist or pharmacy technician will act as a screener for minor illnesses and administer the proper OTC medications.

Cold, headache, indigestion and mild dermatitis are considered minor illnesses and do not require antibiotics.

"In the past, antibiotics were prescribed just in case" the infection was bacterial, rather than viral," said Allanson. "That practice has contributed to development of antibiotic resistant strains of bacteria."

To use the OTC Program, a Serviceman must go to one of the pharmacies on base, sign a certificate stating that they have consulted a health care provider and is over the age of 18. (THERE IS NO REQUIREMENT TO SEE A HEALTH CARE PROVIDER)

OTC medications are limited to three items per month per family.

The pharmacy personnel will inquire about the patient's symptoms, help select the proper medications and ensure that the patient has not used their maximum of three items a month.

"The procedure is quick and [the patient] can get into the pharmacy, get assessed, get their medication and be on their way in a minimal amount of time," said Allanson. "It frees up their time and our medical staff. And at no cost to the patient."

The Military Sick Call pharmacy is opened Monday-Friday 8:15 a.m. to 2 p.m. and is closed from 11:30 a.m. to 1 p.m. on those days.

MEDICARE PART B...

Continued from page 3

check the Medicare Web site at www.medicare.gov.

Frequently Asked Questions on TRICARE For Life and Medicare Part B

Is it true there is a waiver of Medicare Part B penalties for TRICARE For Life (TFL) participants?

The Medicare Prescription Drug, Improvement, and Modernization Act of 2003 makes two very important changes relating to enrollment in Medicare Part B for TFL beneficiaries.

First, uniformed services beneficiaries who would be eligible for TFL, but are not enrolled in Part B, may enroll without penalty during a special enrollment period through December 31, 2004. The special enrollment period will be announced via Medicare on the TRICARE Web site (www.tricare.osd.mil) and publicized widely.

Second, uniformed services beneficiaries who enrolled in Medicare Part B in 2001, 2002, 2003, or 2004 and are subject to a premium surcharge for late enrollment in Part B can get those surcharges eliminated by demonstrating that they are covered under TRICARE. The elimination of surcharges is effective January 1, 2004, but the Department of Health and Human Services will need to work out procedures to be followed. Procedures will be announced via Medicare and posted on the TRICARE Web site.

I am a TRICARE For Life (TFL) benefici-

ary. How soon can I expect the Department of Defense (DoD) and Medicare to comply



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SEAMAN TO ADMIRAL...

Continued from page 1

47. Ayala decided to join the Navy because she wanted to see different places, "Since I came from an island, I wanted my children to be exposed to different cultures and environments," Ayala said. "I also want my children to know that there are so many opportunities out there for them to go for," she added.

Ayala chose to become a Hospital Corpsman because as she stated, "I enjoy working in the medical environment."

With a lot of encouragement and support from her husband and further prodding from her co-workers and superiors, Ayala applied for both the Medical Enlisted Commissioning Program and the Seaman to Admiral Program. "I am very excited that I was selected for the STA-21 because I feel the benefits are better in this program," said Ayala.

When not busy with her work, or studying, Ayala enjoys spending time with her Husband, Angel, and children, Antony, 7 and Alex, 4.

The STA program will allow Ayala to attend a University at no cost to her, and she will still be able to maintain her current pay, benefits and privileges she enjoys as an active duty sailor.

The advice Ayala has for her shipmates who may want to follow in her footsteps are, "Do well in school, even if you don't know what your ultimate goals are. The Navy has tons of opportunities to better your career, whether you plan to stay in the Navy or not. Take advantage of those opportunities and you might be surprised."

The Seaman to Admiral Program was originally known as the Integration Program. Admiral Boorda, the first Sailor to rise from the enlisted ranks to become the Chief of Naval Operations in the early 1990s, revamped the program to become the Seaman to Admiral Program, shortly after he became the CNO.

If you think you have what it takes to follow in Petty Officer Ayala's footsteps, then contact the Command Career Counselor for program requirements.

with the Medicare Modernization Act of 2003 which waives the Medicare Part B penalty for TFL beneficiaries?

The Medicare Modernization Act of 2003 makes very important changes relating to Medicare Part B premiums for TFL beneficiaries. Currently, the Department of Health and Human Services along with the DoD are working on how to implement these changes as quickly as possible. The changes

made by the Act are effective as of January 1, 2004, meaning TFL beneficiaries will be reimbursed for premium penalties paid for months on or after January 2004.

As soon as all of the issues regarding implementation have been resolved, information will be posted on the TRICARE Web site (www.tricare.osd.mil). Please be sure to check the Frequently Asked Question page of the TRICARE Web site for the latest updates.

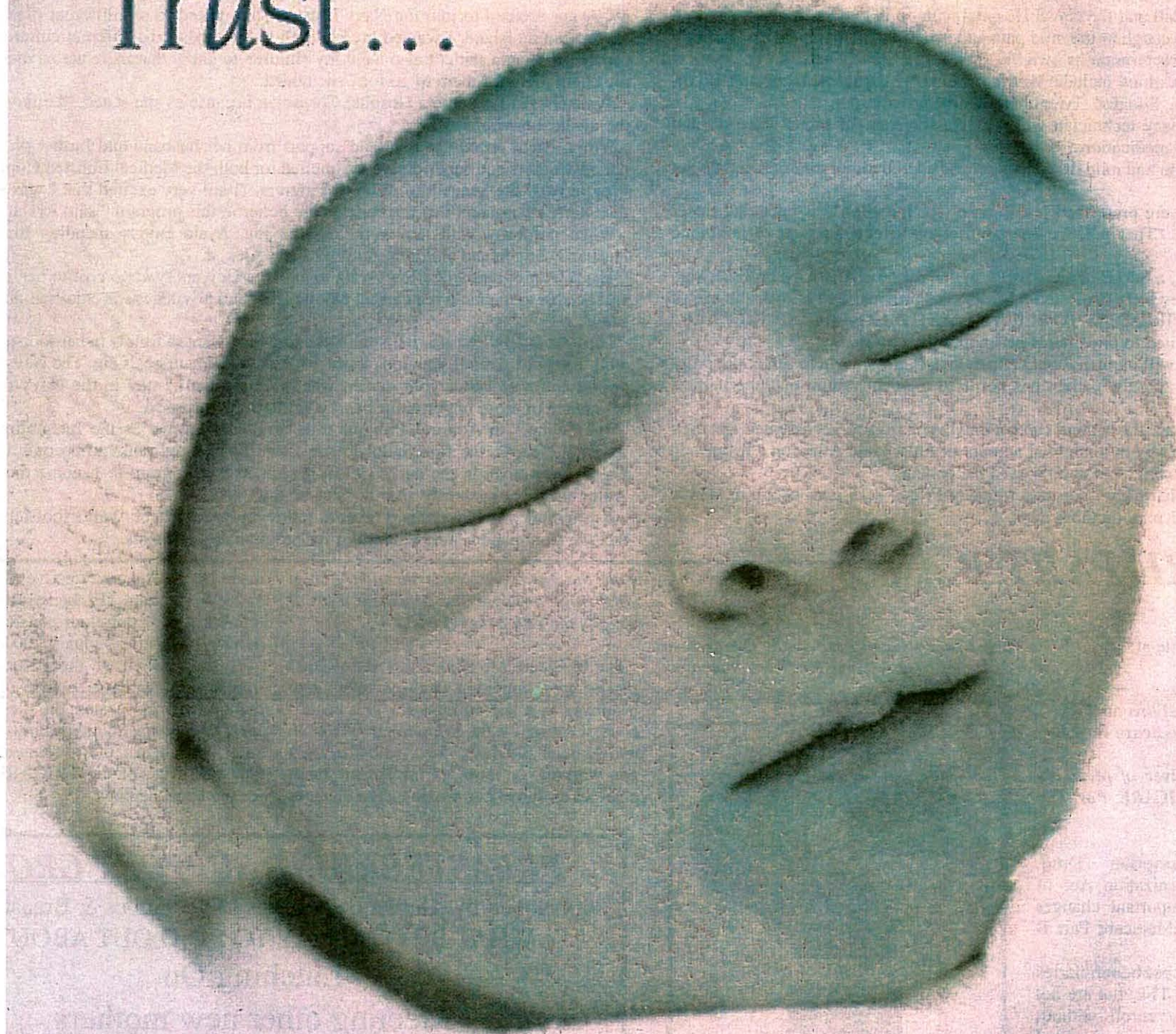
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- * Milk Collection & Storage
- *Sexuality
- *Back to Work

LOCATION, DATE & TIME:
Naval Hospital Twentynine Palms
Classroom 3 (behind Family Practice Clinic)
Every Monday 10 a.m. -noon
Breast Education Center 830-2501

Trust...



The heart of our mission.

Because your care and comfort are at heart, a new standard in OB quality, services and amenities will be available at all military OB clinics worldwide.

Check with your local military clinic for details.

- Family-centered care
- Personalized pain management
- Individualized birth plans
- Stork parking
- Individualized prenatal education
- Coordinated care



Military Medicine...because we're family. 